

(19) World Intellectual Property
Organization
International Bureau



(43) International Publication Date
17 June 2004 (17.06.2004)

PCT

(10) International Publication Number
WO 2004/050192 A1

(51) International Patent Classification⁷: **A63B 23/12**,
21/05

(21) International Application Number:
PCT/AU2003/001576

(22) International Filing Date:
26 November 2003 (26.11.2003)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:
2002953176 5 December 2002 (05.12.2002) AU

(71) Applicant and

(72) Inventor: ADCOCK, Danny, Leonard [AU/AU]; 33
Crystal st, Petersham, NSW 2049 (AU).

(81) Designated States (national): AE, AG, AL, AM, AT, AU,
AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR,

CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD,
GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR,
KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN,
MW, MX, MZ, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU,
SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA,
UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

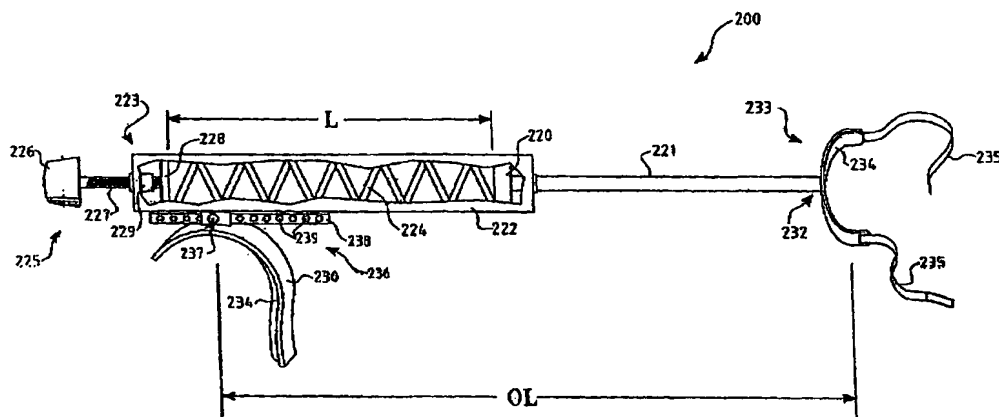
(84) Designated States (regional): ARIPO patent (BW, GH,
GM, KE, LS, MW, MZ, SD, SL, SZ, TZ, UG, ZM, ZW),
Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM),
European patent (AT, BE, BG, CH, CY, CZ, DE, DK, EE,
ES, FI, FR, GB, GR, HU, IE, IT, LU, MC, NL, PT, RO, SE,
SI, SK, TR), OAPI patent (BF, BJ, CF, CG, CI, CM, GA,
GN, GQ, GW, ML, MR, NE, SN, TD, TG).

Published:

— with international search report

For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

(54) Title: EXERCISE DEVICE AND METHOD.



(57) Abstract: A device for the exercise of the musculature of the upper arm, said device adapted to provide a resistance force to the rotational movement about the elbow of the forearm towards the upper arm and wherein said rotational movement lies between the limits of approximately an angle of 90° at the elbow and that angle between said forearm and said upper arm limited by contact between said forearm and said upper arm.

**(WO/2004/050192) EXERCISE DEVICE AND METHOD**

Biblio. Data	Description	Claims	National Phase	Notices	Documents
--------------	-------------	--------	----------------	---------	-----------

Latest bibliographic data on file with the International Bureau

Publication Number: WO/2004/050192 **International Application No.:** PCT/AU2003/001576
Publication Date: 17.06.2004 **International Filing Date:** 26.11.2003

Int. Class.: A63B 21/008 (2006.01), A63B 21/02 (2006.01), A63B 23/12 (2006.01)

Applicants: ADCOCK, Danny, Leonard [AU/AU]; 33 Crystal st, Petersham, NSW 2049 (AU).
 ADCOCK, Jennifer, Stephanie [AU/AU]; 33 Crystal Street, Petersham, NSW 2049 (AU).

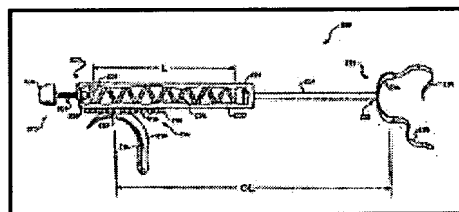
Inventors: ADCOCK, Danny, Leonard [AU/AU]; 33 Crystal st, Petersham, NSW 2049 (AU).
 ADCOCK, Jennifer, Stephanie [AU/AU]; 33 Crystal Street, Petersham, NSW 2049 (AU).

Agent: ADCOCK, Jennifer, Stephanie; 33 Crystal Street, Petersham, NSW 2049 (AU).

Priority Data: 2002953176 05.12.2002 AU

Title: EXERCISE DEVICE AND METHOD

Abstract: A device for the exercise of the musculature of the upper arm, said device adapted to provide a resistance force to the rotational movement about the elbow of the forearm towards the upper arm and wherein said rotational movement lies between the limits of approximately an angle of 90° at the elbow and that angle between said forearm and said upper arm limited by contact between said forearm and said upper arm.



Designated States: AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.
 African Regional Intellectual Property Org. (ARIPO) (BW, GH, GM, KE, LS, MW, MZ, SD, SL, SZ, TZ, UG, ZM, ZW)
 Eurasian Patent Organization (EAPO) (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM)
 European Patent Office (EPO) (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HU, IE, IT, LU, MC, NL, PT, RO, SE, SI, SK, TR)
 African Intellectual Property Organization (OAPI) (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

Publication Language: English (EN)

Filing Language: English (EN)